

What Is Claimed Is:

1. An oil composition comprising 40-95% by weight of diglycerides, 5-60% by weight of triglycerides, 0.1-10% by weight of monoglycerides, and 0.02-10% by weight of residues, in which the ratio of conjugated linoleic acid (CLA) to fatty acids contained in the total glycerides is 5-98%.
2. The oil composition of Claim 1, wherein the residues consist of 0.01-5% by weight, based on the total weight of the composition, of free fatty acid and 0.01-5% by weight of glycerol.
3. The oil composition of Claim 1, wherein the conjugated linoleic acid (CLA) comprises at least one selected from the group consisting of cis-9, trans-11 CLA, trans-10, cis-12 CLA, and other CLA isomers.
4. The oil composition of Claim 1 or 3, wherein the CLA is obtained from at least one edible oil selected from the group consisting of animal and vegetable oils enriched in linoleic acid, including safflower oil, soybean oil, corn oil, rapeseed oil, rice bran oil, sesame oil, perilla oil, sunflower oil, cottonseed oil, peanut oil, olive oil, palm oil, palm olein oil, palm stearin oil, palm kernel oil, coconut oil, beef tallow, lard oil, mixed vegetable oil, shortening, margarine, pepper seed oil, Kapok oil, and Nica oil.
5. Foods containing the oil composition of Claim 1.
6. The foods of Claim 5, which are selected from the group consisting of edible oil, salad oil, frying oil, margarine, fat

spread, shortening, ice cream, whipped cream substitutes, dressings, Mayonnaise, and oil for confectionary.

7. Functional foods and pharmaceutical compositions for
5 body weight control, anticancer, anti-oxidation and immune enhancement, which contain the oil composition of Claim 1 as an active ingredient.

8. The functional foods and pharmaceutical compositions of
10 Claim 7, which are in a tablet, capsule, powder or liquid form.

9. Feedstuff additives containing the oil composition of
Claim 1.